

Growing Healthy Families

NEWPORT DISTRICT OFFICE • Vermont Department of Health, WIC Program
100 Main Street, Suite 220, Newport, VT 05855 • 1-802-334-6707 or 1-800-952-2945

Breastfeeding: Preparing for birth and the first 10 days

**Mondays, 1:00–2:00 p.m.
March 9, April 13 and May 11
Emory Hebard State Office
Building
WIC Office
100 Main Street, Suite 220
Newport**

Even though breastfeeding is normal and natural, mothers and babies have to learn to breastfeed together. Join other pregnant women like you to learn about hospital practices that support breastfeeding, and about signs that breastfeeding is going well. Dad and grandparents are welcome too!

Contact Chantale Nadeau, MS, IBCLC, WIC Breastfeeding Designee at 802-334-6707 or by email Chantale.nadeau@state.vt.us.



Secrets of baby's behavior

Activities are ongoing. Call for times that work for your schedule.

Babies are born with the ability to communicate. Babies use their bodies and make noises to let their parents and caregivers know when they need to eat, learn, play or rest. These are called cues. Understanding your baby better can help you feel less stressed and more confident. We will talk about hunger cues, infant sleep patterns and reasons for crying. We will also help you find solutions to common concerns. Join other families to learn more.

Contact Chantale Nadeau, MS, IBCLC, WIC Nutritionist at 802-334-6707 or by email Chantale.Nadeau@state.vt.us.

All activities are FREE
of charge!

